



Health Conversation

- 1) Would you consider yourself healthy? Why/not?
- 2) Is there any food or drink you want to cut down on? Why/not?
- 3) If you had to give up one thing in your diet, what would it be? Why?
- 4) Do you think you have a balanced diet? Why/not?
- 5) How many portions of fruit or vegetables do you eat per day? Which ones?
- 6) Have you ever been on a diet before? Explain.
- 7) Do you drink fizzy drinks? Alcohol? Water? How much?
- 8) How regularly do you workout? What kind of exercise do you prefer?
- 9) Are you a good sleeper? Why/not?
- 10) What things make it very difficult/easy for you to sleep?
- 11) Do you get the right amount of sleep for your age? Why/not?
- 12) Do you think you have good personal hygiene?
- 13) Do you smoke? If so, have you ever tried quitting?
- 14) Do you regularly take vaccinations? Why/not?
- 15) Do you regularly have medical check-ups? Why/not?
- 16) Do you get stressed very easily?
- 17) What do you do to de-stress?
- 18) How important is mental health to you? Why?
- 19) Do you think you have a good social life? Is social life important for you? Why/not?
- 20) What do you like to do in order to relax?